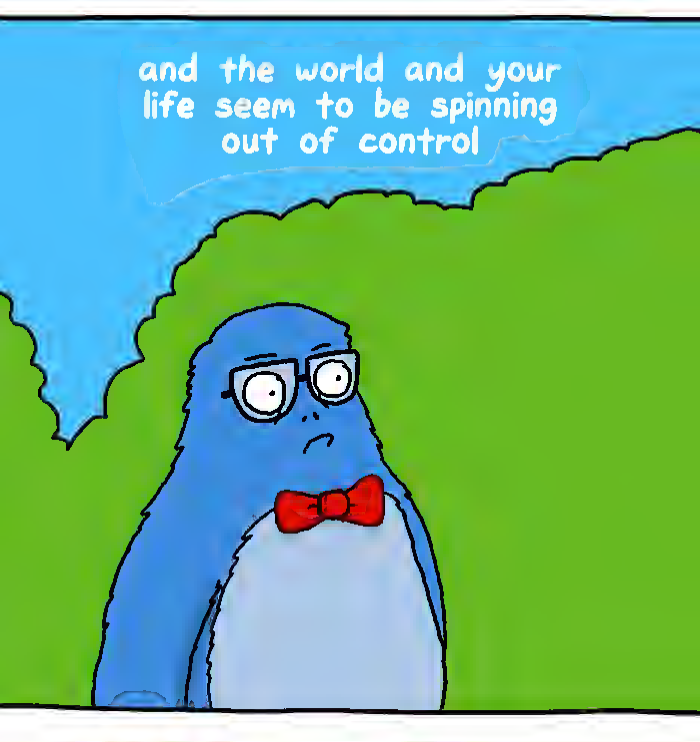
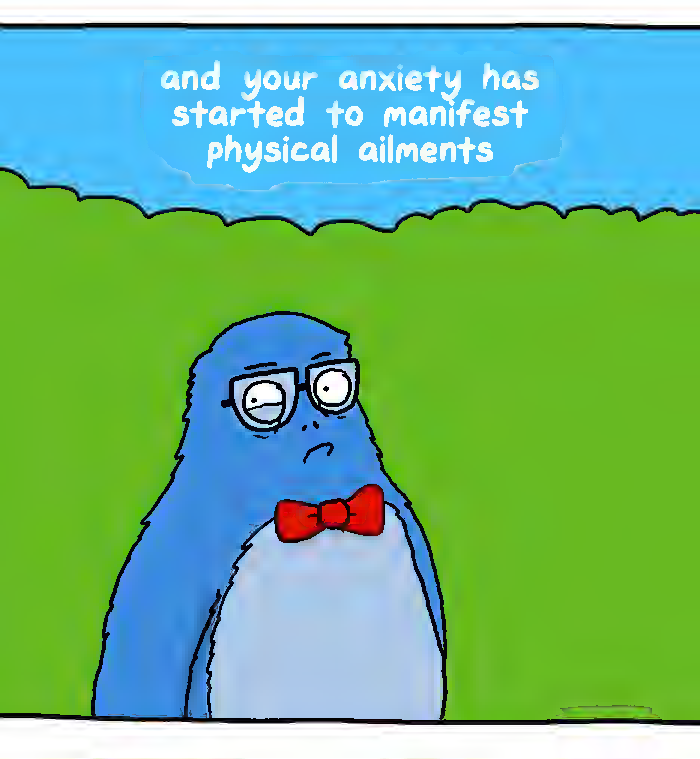
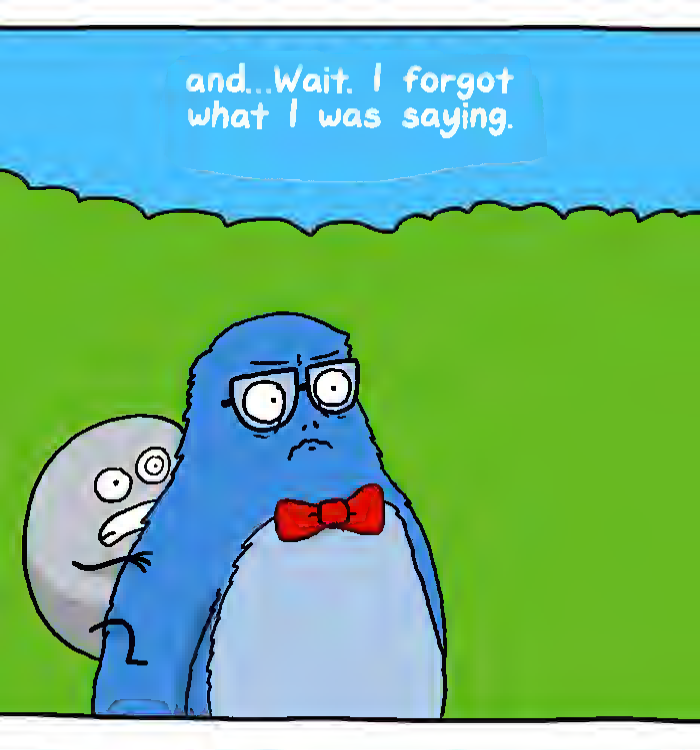
Lars

Don't forget:
When stress feels
like it's taking over

and it feels like your insides are boiling into a shapeless mush


and the world and your life seem to be spinning out of control


and your anxiety has started to manifest physical ailments


and...Wait. I forgot what I was saying.